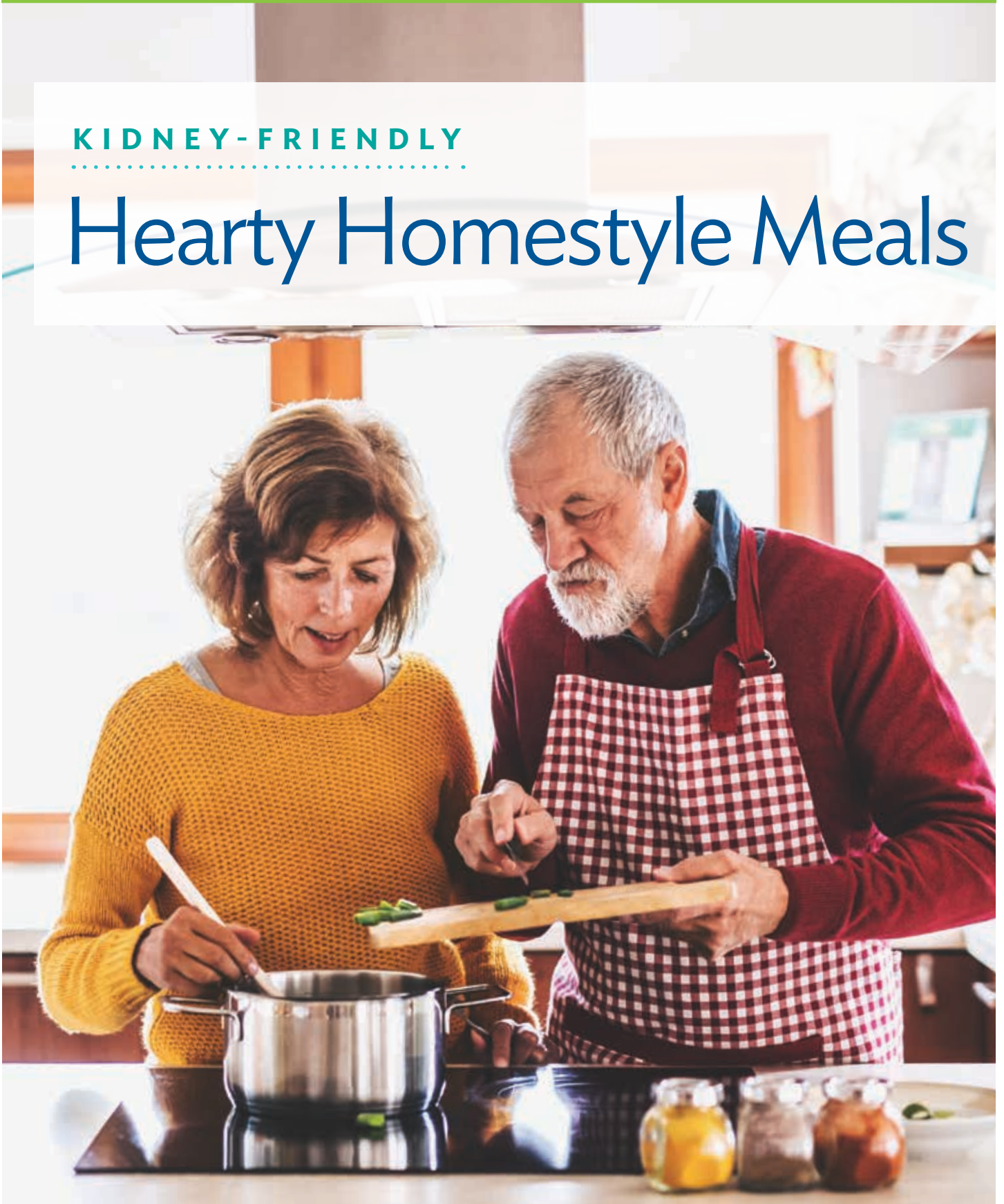




**FRESENIUS
KIDNEY CARE**

KIDNEY-FRIENDLY
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Hearty Homestyle Meals



KIDNEY-FRIENDLY

Hearty Homestyle Meals

When you have kidney disease, what you eat and drink—and how much—can affect your health. Our recipes can help you feel your best on a kidney-friendly diet.

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EXPERT TIP:

Plan ahead! Make multiple servings of these recipes and freeze them to enjoy at a later date. Simply thaw and reheat!

Herb-Roasted Chicken Breasts

Marinating overnight with seasoning and olive oil makes for a tender, moist herb-roasted chicken breast every time in this easy dish. Simple never tasted so good!



Serves 4 (1 serving = 4 ounces)

Nutrition Per Serving

Calories	270 cal
Total Fat	17 g
Saturated Fat	3 g
Trans Fat	0 g
Cholesterol	83 mg
Sodium	53 mg
Carbohydrates	3 g
Protein	26 g
Phosphorus	252 mg
Potassium	491 mg
Dietary Fiber	1 g
Calcium	17 mg

Ingredients

- 1 medium onion
- 1–2 garlic cloves
- 2 tablespoons Mrs. Dash® Garlic and Herb Seasoning Blend
- 1 teaspoon ground black pepper
- ¼ cup olive oil
- 1 pound boneless, skinless chicken breasts

Directions

Chop onion and garlic and place in a bowl. Add Mrs. Dash® Seasoning, ground pepper and olive oil.

Add chicken breasts to the marinade, cover it, then refrigerate for at least 4 hours or overnight.

Preheat the oven to 350° F.

Cover a baking sheet with foil, place the marinated chicken breasts on the pan.

Pour the remaining marinade over the chicken and bake at 350° F for 20 minutes.

Broil an additional 5 minutes for browning.



EXPERT TIP:

Add flavor to your food by using a variety of herbs and salt-free spices like lemon zest, paprika, garlic powder, cumin and chili powder.

Slow-Cooked Bavarian Pot Roast

Come home with dinner ready to go. Simmered with cloves, ginger and apples, this tasty pot roast is delicious comfort food—especially for fall and winter. Garnish with apple slices and serve.



Serves 12 (1 serving = 4 ounces)

Nutrition Per Serving

Calories	313 cal
Total Fat	22 g
Saturated Fat	9 g
Trans Fat	0 g
Cholesterol	101 mg
Sodium	73 mg
Carbohydrates	6 g
Protein	22 g
Phosphorus	202 mg
Potassium	373 mg
Dietary Fiber	1 g
Calcium	24 mg

Ingredients

- 3 pounds beef chuck roast
- 1 teaspoon vegetable oil
- ½ teaspoon fresh ginger, ground
- ½ teaspoon pepper
- 3 whole cloves
- 2 cups apples, sliced
- ½ cup onions, sliced
- ½ cup apple juice or water
- 4 tablespoons flour
- 4 tablespoons water

Optional garnish: fresh apple slices

Directions

Trim the beef roast of excess fat. Rinse and pat dry. Rub oil on the top of the roast, then sprinkle on ginger and pepper and insert whole cloves into the roast. Next, sear the pot roast on all sides in a hot pan with oil.

Place apples and onions into a slow cooker. Add the pot roast and pour apple juice over the entire roast.

Cover and cook on low for 10–12 hours or on high for about 5–6 hours.

Remove roast from slow cooker. Place it aside but keep it warm.

Strain the pot roast juices and pour them back into the slow cooker. Turn heat to high to reduce liquid and thicken it up.

Make a smooth paste with flour and water, then add it to the slow cooker, stirring as you combine.

Cover and cook until thickened. Pour over roast just before serving.

Easier Than Your Mama's Meatloaf

Craving comfort food? Try this new take on a traditional favorite, made with garlic, panko bread crumbs, mayo, Worcestershire sauce and red pepper flakes. Use turkey or lean beef—either way, it satisfies.



Serves 4 (1 serving = ¼ meatloaf)

Nutrition Per Serving

Calories	367 cal
Total Fat	23 g
Saturated Fat	8 g
Trans Fat	1 g
Cholesterol	127 mg
Sodium	332 mg
Carbohydrates	14 g
Protein	25 g
Phosphorus	273 mg
Potassium	460 mg
Dietary Fiber	0.7 g
Calcium	32 mg

Ingredients

- 1 egg, beaten
- ½ cup panko bread crumbs
- 2 tablespoons mayonnaise
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Better Than Bouillon® Beef Base (low sodium)
- 1 tablespoon low-sodium Worcestershire sauce
- ½ teaspoon red pepper flakes
- 1 pound 85% lean ground beef or ground turkey

Directions

Preheat oven to 375° F.

Mix all ingredients (except ground beef or turkey) in a medium-size bowl until well incorporated. Add ground beef or turkey and mix.

Put mixture into meatloaf pan, or form into an 8" x 4" oblong loaf or other desired meatloaf shape—or 2 individual-size meatloaves—and place on a small baking sheet.

Cover with aluminum foil and bake 20 minutes, then remove foil and cook for an additional 5 minutes. Turn oven off and let rest in oven for 10 minutes before removing and serving.

TIP: Have extra mix? Shape into meatloaves and refrigerate at 40° F or below, within 2 hours of preparation.



EXPERT TIP:

If you're on dialysis, there are plenty of great protein choices for your diet, such as: beans, beef, chicken, edamame, eggs, fish, lamb, lentils, pork, soft tofu, turkey, veal and wild game.

Spicy Grilled Pork Chops With Peach Glaze

The secret to juicy, mouthwatering pork chops? A sweet, spicy peach and lime marinade made with cilantro, smoked paprika, onion and red pepper.



Serves 8 (1 serving = 4 ounces)

Nutrition Per Serving

Calories	357 cal
Total Fat	18 g
Saturated Fat	5 g
Trans Fat	0 g
Cholesterol	64 mg
Sodium	158 mg
Carbohydrates	27 g
Protein	23 g
Phosphorus	188 mg
Potassium	363 mg
Dietary Fiber	0 g
Calcium	40 mg

Ingredients

- 8 4-ounce center-cut boneless pork chops
- 1 cup peach preserves (store bought)
- 2 tablespoons cilantro
- ¼ cup lime juice and zest of 1 lime
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon smoked paprika
- 2 teaspoons dried onion flakes
- ½ teaspoon red pepper flakes
- ½ teaspoon black pepper
- ¼ cup olive oil

Directions

Heat grill or switch on electric griddle to high setting.

Mix all ingredients (except pork chops) in small bowl until well incorporated.

Remove a quarter of the mix and set aside in refrigerator. Put the remaining marinade in a storage bag with pork chops and marinate in fridge for at least 4 hours (overnight is even better).

Grill pork chops for 6–8 minutes on each side.

Glaze both sides with the quarter of the mix set aside earlier, then remove from grill and let rest on plates or platter for 7–10 minutes before serving.

TIP: Save the extra peach glaze and use it to spice up other grilled meats and poultry.



EXPERT TIP:

The palm of your hand is about 3–5 ounces or 1/2 cup of protein (1 serving). Your dietitian will help you determine how much protein you need every day.

Spaghetti and Asparagus Carbonara

Quick and easy to make, this savory pasta dish makes a delicious and satisfying meal. Add chicken or salmon for extra protein.



Serves 6 (1 serving = 1 cup)

Nutrition Per Serving

Calories	245 cal
Total Fat	12 g
Saturated Fat	5 g
Trans Fat	0 g
Cholesterol	57 mg
Sodium	159 mg
Carbohydrates	27 g
Protein	9 g
Phosphorus	157 mg
Potassium	303 mg
Dietary Fiber	5 g
Calcium	105 mg

Ingredients

- 2 teaspoons canola oil
- 1 cup fresh onions, diced
- 1 large egg, beaten
- 1 cup light cream
- ¼ cup low-sodium chicken stock
- 3 cups cooked spiral noodle pasta, cooked al dente (about 1½ cups raw)
- 2 cups fresh asparagus, chopped (about 1" pieces)
- 1 tablespoon freshly cracked coarse black pepper
- ½ cup fresh scallions, chopped
- 3 tablespoons bacon bits (meatless)
- 3 tablespoons shredded Parmesan cheese

Directions

In a large nonstick sauté pan, over medium-high heat, heat the oil and sauté the onions until lightly browned.

Meanwhile, in a small bowl, whisk the egg and the cream until thoroughly mixed.

Lower the heat to medium and pour the cream mixture into the onions, stirring constantly with a wooden spoon until it starts to thicken, about 4–6 minutes.

Add the stock, pasta, asparagus and black pepper and continue to stir for an additional 3–4 minutes or until warmed through.

Turn off the heat and pour the carbonara into a serving dish. Top with scallions, bacon bits and cheese then serve.



EXPERT TIP:

Take your phosphate binders at meal time. Food and binders go together to make a healthy heart and strong bones—that's why it's important to take them exactly as prescribed when you eat.

Classic Beef Stroganoff With Egg Noodles

Rich and flavorful, this take on the classic dish calls for hearty, spiced meatballs tossed in a creamy sauce with lightly buttered, herbed egg noodles. Comfort food that's simply delish!



Serves 6 (1 serving = 10 ounces)

Nutrition Per Serving

Calories	490 cal
Total Fat	32 g
Saturated Fat	11 g
Trans Fat	1 g
Cholesterol	120 mg
Sodium	598 mg
Carbohydrates	30 g
Protein	20 g
Phosphorus	230 mg
Potassium	423 mg
Dietary Fiber	2 g
Calcium	56 mg

Ingredients

1 cup onions, finely diced	4 teaspoons Better Than Bouillon® Reduced Sodium Roasted Beef Base
1 egg, beaten	¼ cup sour cream
2 tablespoons French's® Reduced Sodium Worcestershire sauce	2 tablespoons chives
¼ cup bread crumbs	Pasta:
1 tablespoon mayonnaise	6 ounces wide egg noodles, cooked
1 tablespoon no-salt-added tomato sauce	2 tablespoons butter, unsalted, cold and cubed
1 pound ground beef	¼ cup parsley
1 teaspoon ground black pepper, divided	1 tablespoon rosemary, chopped
3 tablespoons canola oil	
2 tablespoons flour	
3 cups water	

Directions

In a large bowl, mix the first 6 ingredients and half of the black pepper. Add ground beef and mix well. Make 16 same-sized meatballs.

In a large sauté pan on medium heat, cook stroganoff meatballs until browned. Slide all meatballs to one side and add oil and flour to the pan and stir until well mixed. Add water, the remaining black pepper and bouillon, and then stir until thickened, about 10 minutes.

Turn off heat and stir in sour cream and chives, then serve over egg noodles.

Pasta:

Add egg noodles to pot/large sauté pan with 2 tablespoons water, heat and stir until warm, then turn off heat. Stir in butter, parsley and rosemary until everything is incorporated.

Crunchy Lemon-Herbed Chicken

Lemon, oregano, basil and thyme make this chicken dish irresistible. Panko bread crumbs add crunch.



Serves 4 (1 serving = 3 ounces)

Nutrition Per Serving

Calories	371 cal
Total Fat	26 g
Saturated Fat	11 g
Trans Fat	0 g
Cholesterol	112 mg
Sodium	81 mg
Carbohydrates	20 g
Protein	14 g
Phosphorus	204 mg
Potassium	228 mg
Dietary Fiber	1.8 g
Calcium	51 mg

Ingredients

- ¼ cup lemon juice, plus zest of 1 lemon
- 1 tablespoon fresh oregano, chopped, divided
- 1 tablespoon fresh basil, chopped, divided
- 1 tablespoon fresh thyme, chopped, divided
- ½ cup panko bread crumbs
- 1 egg yolk
- 3 tablespoons water, divided
- 6 2-ounce chicken tenders
- 4 tablespoons unsalted butter, chilled

Directions

- Add zest of 1 lemon and half the herbs to bread crumbs. Beat egg yolk with 1 tablespoon water. Place chicken tenders between 2 pieces of plastic wrap and beat with small groove side of mallet until thin, but not ripped. Dip chicken in egg wash mixture, then in herbed bread crumb mixture until coated. Set them aside.
- Preheat 2 tablespoons of butter on medium heat. Place breaded chicken in sauté pan. Cook chicken, approximately 2–3 minutes each side. Remove chicken and place on baking sheet pan to rest. In same sauté pan, add remaining herbs and lemon juice, then heat until simmering.
- Turn off heat; add remaining 2 tablespoons of butter to the sauce, stir vigorously. Slice the chicken.
- Place sliced chicken on a plate, pour the sauce over the top and add garnishes (see Tip below), if desired.
- TIP:** Use diced red bell peppers, lemon slices, parsley or finely diced shallots and scallions to add color and garnish to your final dish.

Roast Pork Loin With Sweet and Tart Apple Stuffing

Try this sweet and savory stuffed pork loin recipe—a special meal any time of year.



Serves 6
(1 serving = 1/6 loin or 2 1/2–3 ounces)

Nutrition Per Serving

Calories	263 cal
Total Fat	14 g
Saturated Fat	4 g
Trans Fat	0 g
Cholesterol	50 mg
Sodium	137 mg
Carbohydrates	22 g
Protein	14 g
Phosphorus	154 mg
Potassium	275 mg
Dietary Fiber	1 g
Calcium	68 mg

Ingredients

Cherry Marmalade Glaze:

1/2 cup sugar-free orange marmalade
1/4 cup apple juice
1/4 cup dried cherries
1/8 teaspoon cinnamon
1/8 teaspoon nutmeg

Apple Stuffing:

2 tablespoons canola oil
2 cups packaged cubed Hawaiian rolls (or any white bread)
1/2 cup finely diced Granny Smith, McIntosh or Honey Crisp apple

2 tablespoons unsalted butter
2 tablespoons finely diced onions
2 tablespoons finely diced celery
1 tablespoon fresh thyme or 1/2 teaspoon dried thyme
1 teaspoon black pepper
1/2 cup low-sodium chicken stock

Roast Pork Loin:

1 pound Hormel Natural Choice® boneless pork loin
2 18-inch pieces of butcher twine

Directions

Mix glaze ingredients in a saucepan on medium-high heat until marmalade is melted. Set aside.

Preheat oven to 400° F.

Sauté all ingredients except for chicken stock in canola oil for 2–3 minutes on medium-high heat. Slowly add stock until moist, but not too wet (you may not need it all).

Remove from heat and chill to room temperature.

Cut five slits forming pockets about 1 inch apart along the length of the loin.

Stuff each pocket with about 2 tablespoons of stuffing (there should be some left over).

Tie twine around the length and width of the loin to keep stuffing in place.

Place remaining stuffing on a baking sheet, top with the pork and bake for 45 minutes or until internal temperature reaches 160° F.

Spoon on glaze, shut oven off and let sit in oven for 10–15 minutes. Remove, slice then serve.

KIDNEY-FRIENDLY

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“IT’S A LIFESTYLE—
NOT A DIET.
YOU CAN EAT OUT.
YOU CAN GO TO
A PARTY.
IT’S DOABLE!”

Diana Croxton

Fresenius Kidney Care
Registered and Licensed Dietitian, LD/N



Find more recipes at: [FreseniusKidneyCare.com/Eating-Well](https://www.freseniuskidneycare.com/eating-well)



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